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Pentagon tightens rules on getting medical waivers to join the military

By DAVID KLEPPER
Associated Press
WASHINGTON (AP) —

People with congestive heart failure, undergoing treatment for schizophrenia or who have a history of paraphilic disorders will no longer be eligible for a medical waiver to serve in the military, according to new rules issued by the Pentagon on Tuesday.

The guidance signed by Defense Secretary Pete Hegseth updates a list of conditions that disqualify potential recruits from serving in the armed forces. The decision comes after the Pentagon announced earlier this year that it would ban transgender troops and review other medical



Secretary of Defense Pete Hegseth attends a meeting with Philippine President Ferdinand Marcos Jr. at the Pentagon, Monday, July 21, 2025, in Washington.

Associated Press

members."

Waivers have long been used to enlist young people who might otherwise be unqualified for military service due to a wide array of medical, conduct or other reasons.

Most waivers are issued for medical conditions ranging from asthma, eyesight problems or skin disorders to more complex health conditions, such as past psychological illness or previous sports injuries that may have healed but still must be evaluated.

Prior to the new rules, heart failure, current treatment for schizophrenia and a history of paraphilic disorders defined as a persistent sexual interest in atypical objects or activities were among a long list of physical and mental health conditions in which waivers were allowed. Multiple sclerosis, a history of cystic fibrosis, past organ transplants or a suicide attempt within the past 12 months also will be considered disqualifying conditions that make a person illegible for service.

The new rules list several conditions in which a waiver may only be granted by the secretary of a military branch. □

conditions that are currently eligible for a waiver. "America's warfighters must be physically and mentally capable of performing their duties in the harshest of conditions," Hegseth wrote in the memo announcing the changes. "Severe underlying medical conditions introduce significant risks on the battlefield and threaten not only mission priorities, but also the health and safety of the affected individual and their fellow service

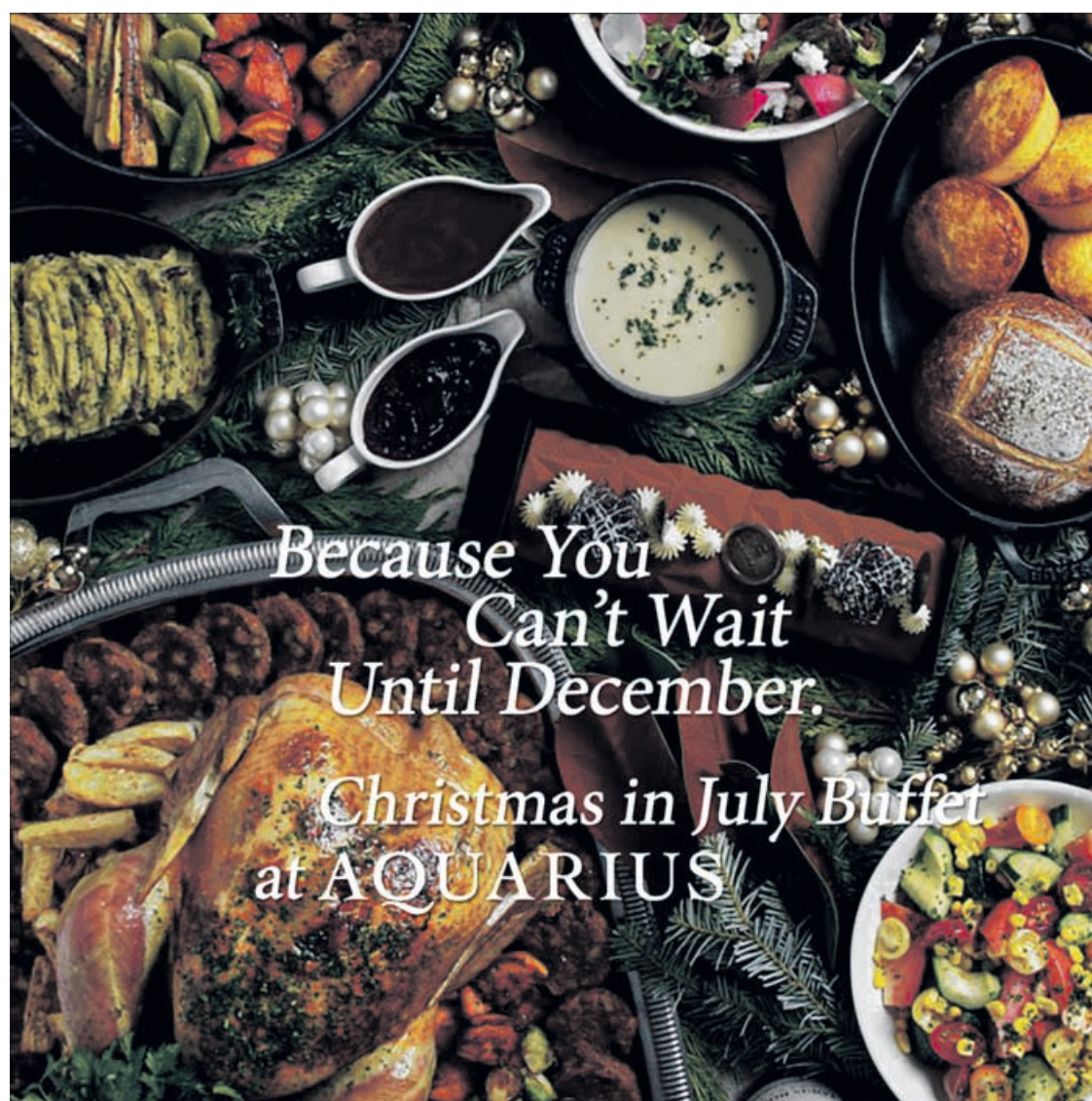
U.S. government employee banned from leaving China

By DIDI TANG
Associated Press

WASHINGTON (AP) — A U.S. government employee has been banned from leaving China after traveling there in a personal capacity, the State Department said Tuesday, marking the latest case where Beijing has stopped U.S. nationals from departing the country.

The State Department did not reveal the identity of the employee at the U.S. Patent and Trademark Office, which is part of the Commerce Department, but said it is "tracking this case very closely" and that it is engaged with Chinese officials to resolve the situation as quickly as possible.

"The Department of State has no higher priority than the safety and security of American citizens," it said. The Chinese government restricts people from leaving the country if they are involved in investigations, including business disputes, but it has been accused of using the tool to arbitrarily keep both Chinese and foreign nationals in the country. □



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House ending session early as Republicans clash over Epstein vote

By **STEPHEN GROVES** and
LISA MASCARO
Associated Press

WASHINGTON (AP) —

House Speaker Mike Johnson is rebuffing pressure to act on the investigation into Jeffrey Epstein, instead sending members home early for a month-long break from Washington after the week's legislative agenda was upended by Republican members who are clamoring for a vote.

Johnson, a Republican from Louisiana, said Tuesday morning that he wants to give the White House "space" to release the Epstein information on its own, despite the bipartisan push for legislation that aims to force the release of more documents.

"There's no purpose for the Congress to push an administration to do something they're already doing," Johnson said at his weekly press conference, his last before lawmakers depart Washington on Wednesday for their traditional August recess.

The speaker's stance did little to alleviate the intra-party turmoil unfolding on Capitol Hill as many of President Donald Trump's supporters demand that the administration meet its promises to publicly release a full accounting of the sex trafficking investigation into Epstein, who killed himself in his New York jail cell in 2019 while awaiting trial. Under pressure from right-wing online influencers, as well as voters back home, rank-and-file Republicans are demanding that the House intervene in the matter.

"The public's not going to let this die, and rightfully so," said Rep. Ralph Norman, a South Carolina Republican.

Johnson's control of the House is under threat

The dynamic left Johnson with slipping control of his Republican conference and several crucial committees. Even before Johnson spoke Tuesday morning, a Republican-controlled subcommittee of the House Committee on Oversight was advancing



Speaker of the House Mike Johnson, R-La., stops to answer reporters about calls to release documents related to Jeffrey Epstein, at the Capitol in Washington, Monday, July 21, 2025.

Associated Press

a resolution to subpoena Epstein's former girlfriend, Ghislaine Maxwell, for a deposition.

Johnson decided to end the House's legislative business early this week after he essentially lost control of the powerful House Rules Committee, which sends bills to the floor for debates and votes. Late Monday evening, business on that panel ground to a halt when the Republicans on the committee abruptly recessed proceedings rather than risk more proposals from Democrats pushing them to release Epstein files.

Republicans had teed up votes on legislation to increase penalties for migrants who enter the country illegally, to ease permitting for water infrastructure and to rollback several Biden-era regulations. But all of those bills were put on hold at least until after the August recess.

Frustration in the House has been running high since last week, when Republican leaders signaled possible support for a vote on the Epstein files as they raced to pass a \$9 billion package of spending cuts. GOP leader unveiled a resolution that has no legal weight but would urge the Justice Department to produce more documen-

tation. Trump, meanwhile, has asked Attorney General Pam Bondi to seek the release of testimony from secret grand jury proceedings in the case, though that effort is unlikely to produce new revelations.

Echoing Trump's position, Johnson insisted he, too, wants the files released, but only those that are "credible." Johnson, who has relied heavily on Trump to hold onto leadership in the House, cast the president's reticence to release information as out of concern for the victims of Epstein. "We have a moral responsibility to expose the evil of Epstein and everybody who was involved in that absolutely and we're resolved to do it," Johnson said. □

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Video shows Florida deputies punching and dragging a Black man from his car

By **JEFF MARTIN**
Associated Press

A video showing Florida deputies punching and dragging a Black man from his car during a traffic stop has sparked nationwide outrage, with civil rights lawyers accusing authorities of fabricating their arrest report.

William McNeil Jr., 22, was sitting in the driver's seat, asking to speak to the Jacksonville deputies' supervisor, when authorities broke his window, punched him in the face, pulled him from the vehicle, punched him again and threw him to the ground.

But Jacksonville Sheriff T.K. Waters says there's more to the story than the cell-phone video that went viral on the Internet. He warned the public about "a rush to judgment" that could lead to faulty conclusions. McNeil's lawyers say the video clearly depicts police brutality.

The footage from the Feb. 19 arrest shows that seconds before being dragged outside, McNeil had his hands up and did not appear to be resisting as he asked, "What is your reason?" He had pulled over and accused of not having his headlights on, even though it was daytime, his lawyers said.



In this image made from cell phone video provided by the Law Office of Harry M. Daniels via TMZ, William McNeil Jr. is seen sitting in his car after an officer broke his car window during a traffic stop on Feb. 19, 2025, in Jacksonville, Fla.

Associated Press

"What happened to William McNeil Jr. is a disturbing reminder that even the most basic rights like asking why you've been pulled over can be met with violence for Black Americans," lawyers Ben Crump and Harry Daniels said in a statement. Crump is a Black civil rights attorney who has gained national prominence representing victims of police

brutality and vigilante violence.

"William was calm and compliant," they said. "Yet instead of answers, he got his window smashed and was punched in the face, all over a questionable claim about headlights in broad daylight."

The sheriff said the cell-phone camera footage from inside the car "does

not comprehensively capture the circumstances surrounding the incident."

"Part of that stems from the distance and perspective of the recording cell phone camera," the sheriff said in a statement, adding that the video did not capture events that occurred before officers decided to arrest McNeil.

Cameras "can only capture what can be seen and heard," the sheriff added. "So much context and depth are absent from recorded footage because a camera simply cannot capture what is known to the people depicted in it."

A key point of contention in the police report is a claim that McNeil was reaching toward an area where a knife was. Deputies later found the knife on the driver's side floorboard of his car when they searched it after taking McNeil into custody.

"The suspect was reaching for the floorboard of the vehicle where a large knife was sitting," Officer D. Bowers wrote in his report. "The suspect continued to attempt to pull away from officers and refused to place his hands behind his back." Bowers does not mention any punches being thrown in his report, and describes the force this way: "Physi-

cal force was applied to the suspect and he was taken to the ground."

Crump and Daniels called that report a "fabrication," saying that "he never reaches for anything."

"The only time he moves at all is when the officer knocks him over by punching him in his face," they said.

"Then this young man calmly sits back straight and holds his empty hands up."

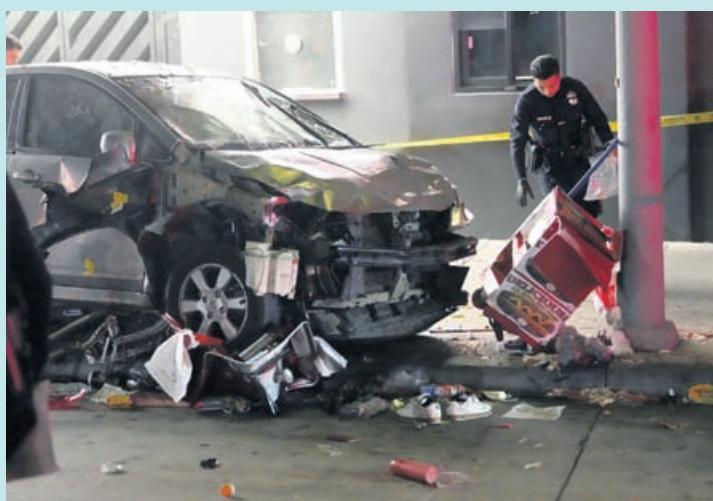
"He's never combative, never raises his voice and he certainly never reaches for a knife," they added. "He simply asks for a supervisor and then they break his window and beat him yet, somehow, the report failed to mention that."

McNeil was charged with resisting a police officer without violence; driving with a suspended license and having less than 20 grams of marijuana, Waters said.

He pleaded guilty to the charges of resisting an officer and driving with a suspended license, Waters said.

McNeil was warned seven times that he needed to open his car door and get out, or officers would be forced to break his car window, the sheriff said. □

Prosecutors expected to announce felony charges in L.A. car crash outside nightclub that injured 36



A vehicle sits on the sidewalk after ramming into a crowd of people waiting to enter a nightclub along a busy boulevard in Los Angeles early Saturday, July 19, 2025 injuring several people.

Associated Press

By **JAIMIE DING**
Associated Press

LOS ANGELES (AP) — Los Angeles prosecutors are expected to announce felony charges Tuesday in connection with a car crash outside a nightclub over the weekend that injured at least 36 people and led to the driver being shot. Partygoers were leaving the Vermont Hollywood venue at the end of a reggae hip-hop event early Saturday when a vehicle rammed into the crowd along a busy boulevard in East Hollywood.

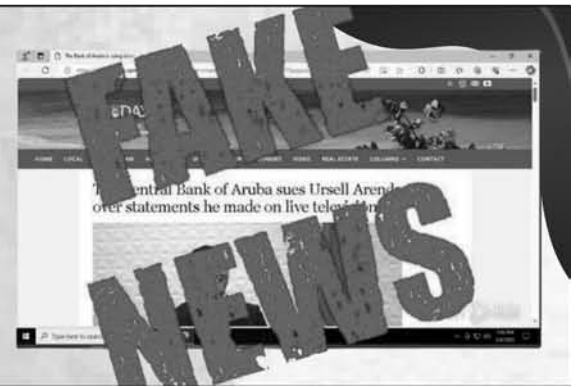
The car came to a stop after colliding with several food carts, which became lodged underneath the vehicle, and bystanders attacked the driver, according to police. Injuries ranged from minor to serious fractures and lacerations, and some people were briefly trapped beneath the

vehicle. LA County District Attorney Nathan Hochman is expected to announce felony charges against the driver, who was identified Sunday as 29-year-old Fernando Ramirez. He is expected to face a felony charge of assault with a deadly weapon. A phone number for Ramirez could not be found in an online database search, and the public defender's office has not responded to requests for comment on whether one of its attorneys is representing him. Ramirez was later found to have been shot in the lower back, but authorities have not identified the suspected gunman. Los Angeles police released surveillance photos Monday from cameras near the crash showing a man with a goatee wearing a blue Dodgers jacket and a light blue jersey with the number "5." □

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Russian lawmakers pass a bill punishing online searches for information deemed to be 'extremist'

MOSCOW (AP) — Russian lawmakers on Tuesday approved a bill that punishes online searches for information that is deemed "extremist," the latest move by government authorities in their relentless crackdown on dissent.

The bill passed by the lower house, the State Duma, moves to its all-but-certain endorsement in the upper house and then goes to President Vladimir Putin to be signed into law.

The legislation punishes what it describes as "deliberately searching for and accessing extremist materials" online. First-time offenders face a fine of up to the equivalent of \$64.

The official definition of extremist activity is extremely broad and includes opposition groups like the Anti-Corruption Foundation, created by the late opposition leader Alexei Navalny, and the "international LGBT



Police detain an activist during a protest in front of the State Duma, the lower house of the Russian parliament, in Moscow, Russia, Tuesday, July 22, 2025, prior to lawmakers approving a measure that punishes online searches for information that is deemed "extremist."

Associated Press

movement."

It's not clear how authorities will track down violators. Officials and lawmak-

ers said ordinary internet users won't be affected and only those who methodically seek outlawed con-

tent will be targeted. They didn't explain how the authorities would differentiate between them.

Some observers have suggested the information would likely come from internet providers or social media platforms, and police also could randomly check the search history of cellphones or computers. The new legislation also contained a ban on advertising of virtual private network services and fines for VPN resources that fail to comply with government regulations, but stopped short of banning their use. It did list the use of a VPN as an "aggravating circumstance" in case of other violations of the law. Russians widely use VPN services for access to banned content, but authorities have sought to tighten restrictions, trying to close the loopholes. The state communications watchdog has increasingly used technology to analyze traffic and block specific VPN protocols. □

Puerto Rico's government sues private power company as chronic outages damage appliances

SAN JUAN, Puerto Rico (AP) — Puerto Rico's government filed a lawsuit Tuesday against a private power company, claiming it is responsible for damages to customers' appliances caused by chronic power outages in the U.S. territory. The civil lawsuit by the consumer affairs department says the Luma company, which oversees power transmission and distribution in Puerto Rico, was "negligent" and is responsible for damages caused to consumer appliances by outages and power fluctuations. It said the department has the authority to take cases

to court to protect those affected by the company's "inefficiency and lack of adequate service." The action was filed against the company as a whole since the law exempts Luma's employees and contractors from claims filed by customers under an immunity granted in 2021 by Puerto Rico's Energy Bureau. The suit cited a recent Luma statement at a public hearing that the company has rejected 1,828 claims. "It's time for Luma to be fully accountable to Puerto Rican consumers," it said. Luma said in a brief statement that it would treat the

lawsuit with the seriousness and responsibility it deserves. "Our commitment is to continue working for the benefit of our customers, despite the significant challenges we face in operating a fragile and deteriorating electrical system, which for years has lacked the necessary maintenance and investment," it said. The outages have damaged thousands of appliances ranging from air conditioners to refrigerators on the island of 3.2 million people with a 40% poverty rate. The lawsuit comes months after Puerto Rico's gover-

nor promised to cancel Luma's contract, warning it would be a long and complex process. □



Customers sit inside a restaurant lit by battery-powered lanterns during an island-wide power outage, in Old San Juan, Puerto Rico, April 16, 2025.

Associated Press

Trump administration withdraws from UNESCO again, only 2 years after U.S. rejoined

By **FARNOUSH AMIRI** and **SAMUEL PETREQUIN**

Associated Press

UNITED NATIONS (AP) —

The Trump administration announced Tuesday that it will once again withdraw from the U.N. cultural agency UNESCO, an expected move that has the U.S. further retreating from international organizations.

The decision to pull U.S. funding and participation from UNESCO comes two years after the Biden administration rejoined following a controversial, five-year absence that began during President Donald Trump's first term. The White House cited similar concerns as it did in 2018, saying it believes U.S. involvement is not in its national interest and accusing the agency of promoting anti-Israel speech.

The decision, which won't go into effect until December 2026, will deal a blow to an agency known for preserving cultural heritage through its UNESCO World Heritage Sites program which recognizes significant landmarks for protection, ranging from the Taj Mahal to Egypt's pyramids of Giza and the Grand Canyon National Park. The agency also empowers education and science across the globe.



The UNESCO flag flies at its headquarters Tuesday, July 22, 2025 in Paris.

Associated Press

It is the Trump administration's latest move to pull support for U.N. agencies under a larger campaign to reshape U.S. diplomacy. Under the "America First" approach, the administration has pulled out of the U.N. World Health Organization and the top U.N. human rights body, while reassessing its funding for others. This has left the U.N., which is in the process of its own massive overhaul, re-evaluating core programs and initiatives and what the international body

would look like without support from the U.S. its largest donor.

State Department spokesperson Tammy Bruce said in a statement that the withdrawal was linked to UNESCO's perceived agenda to "advance divisive social and cultural causes."

She added that UNESCO's decision in 2011 "to admit the 'State of Palestine' as a Member State is highly problematic, contrary to U.S. policy, and contributed to the proliferation of anti-Israel rhetoric within

the organization."

UNESCO director general Audrey Azoulay said she "deeply" regrets the U.S. decision but said it was expected and that the agency "has prepared for it." She also denied accusations of anti-Israel bias, saying it contradicts "the reality of UNESCO's efforts, particularly in the field of Holocaust education and the fight against antisemitism."

Azoulay added that "the reasons put forward by the United States of Amer-

ica are the same as seven years ago, even though the situation has changed profoundly, political tensions have receded, and UNESCO today constitutes a rare forum for consensus on concrete and action-oriented multilateralism."

Danny Danon, Israel's ambassador to the U.N., celebrated the announcement, saying in a statement that it is a "fitting response to the consistent misguided anti-Israel bias of UNESCO, an organization that has lost its way."

The Biden administration had rejoined UNESCO in 2023 after citing concerns that China was filling the gap left by the U.S. in UNESCO policymaking, notably in setting standards for artificial intelligence and technology education.

"Unilaterally withdrawing the United States from UNESCO is another assault by the Trump administration on international cooperation and U.S. global leadership," Rep. Gregory Meeks, the top Democrat on the House Foreign Affairs Committee, said.

"This decision cedes more ground to U.S. competitors, especially China, who will take advantage of America's absence to further shape the international system in their favor." □

17 dead in head-on collision between minibus taxi and truck in Zimbabwe, police say



People gather at the site of a road collision between a minibus taxi and a haulage truck in Chitungwiza, Zimbabwe, Tuesday, July 22, 2025.

Associated Press

By **FARAI MUTSAKA**

Associated Press

JOHANNESBURG (AP) — A head-on collision between a minibus taxi and a haulage truck killed 17 people in northeastern Zimbabwe on Tuesday police said.

Police spokesman Paul Nyathi said all 17 victims, including some pedestrians, died at the scene of the crash, which happened near Chitungwiza, a densely populated town about 25 kilometers (15.5 miles) southeast of the capital, Harare.

Nyathi said the truck veered into the opposite lane and collided with the minibus after the driver lost control. Before the impact, the truck struck two pedestrians walking on the "island of the road," he said.

Fifteen of the 17 passengers in the minibus

died instantly, while others were injured and rushed to a hospital.

The state-run Herald newspaper reported that the minibus was "completely flattened, with only fragments of its chassis visible from beneath the truck's undercarriage."

Twisted metal, shattered glass and debris were strewn across the road as rescuers worked to retrieve trapped passengers, the newspaper said.

The accident happened in the morning, but rescuers were still recovering bodies at noon, it reported.

Chitungwiza Mayor Rosaria Mangoma urged the government to declare the crash a national disaster, calling it "one of the most disturbing and traumatic scenes" the town had witnessed. □

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Soaring through the blue skies Birds of Aruba

(Oranjestad)—Aruba's nature is very diverse and is home to several beautiful and majestic wildlife. Among these is the bright Trupial, whose angelic voice is always heard with the rising sun; the cuddly parakeet, always in company of another, and the majestic Warawara, a mighty bird that can be seen soaring in the clear blue skies.

Trupial

Icterus icterus, or known locally as the Venezuelan or Orange Troupial, is a striking songbird whose bright orange feathers can be spotted from a far distance. Known to be the first bird to sing at the first sign of sunrise, this beloved songbird likes to wake up with



a tune. But don't let their angelic songs fool you; the Trupial can be a bit aggressive towards any threat, protective over their nesting spots—nesting spots they most likely stole from other birds. Trupials can be seen regularly, often in trees or on top of a cactus.

Photo Credit: Daniel Ruben Gonzalez

Prikichi (parakeet)

The Brown-throated Prikichi (Aratinga pertinax) be-

came the national bird of Aruba back in 2015, at the

request of Aruba Birdlife Conservation. The bright green, adorable parakeet usually flies in flock of 30 or more, but its population has been declining since the 2010s. Prikichis are a shier breed than the trupial, often flying away at the sign of any threat. They use termite nests for breeding spots and feed mostly



on seeds from the Kwihi tree, Divi Divi tree and fruits.

Photo Credit: Daniel Ruben Gonzalez

Warawara

The Warawara or Caracara is one of the biggest birds found in the Aruban mondi. At a height of 41 to 60 cm, their wingspan can measure up to 125 cm. Known as the "garbage man", this bird of prey mostly feeds on dead animals. Its coat is dark brown, with a cream-colored neck, orange face, thick beak and long legs. The Warawara



prefers to build its nest in the middle of tall cacti and produces a rattling, screaming sound, throwing its head back onto its back while calling.

While these birds are a beautiful sight to behold, it is very important to keep your distance and respect their habitats. This is how we protect our wildlife. By admiring the beauty of Aruba in a safe and respectful manner, we can do our part in protecting our sacred nature. □

Photo Credit: Aruba Birdlife Conservation

Blackstone Beach

(Oranjestad)—Named after its most recognizable feature, the Blackstone Beach almost represents the opposite of the typical Aruban beaches. For one, it has black sand and is covered in black smooth stones. Secondly, it lies on the northern side of the island, away from the white sandy beaches of in the southern region. So, if you feel up for something dif-

ferent—or if it's opposite day, visit the Blackstone Beach.

Blackstone Beach shows the more natural side of Aruba: the stones that cover the beaches and the shape of it has been crafted for thousand years via volcanic eruptions, coral reef movements and wave activity of the rural northern part of the island.



Located further east to the Natural Bridge and Andicuri Beach, the Blackstone Beach is relatively easy to access. Once you get passed the Ayo Rock Formation, take the Andicuri road leading up to Andicuri Beach. There, you can park your car and take a 1km hike towards Blackstone Beach.

This beach forms part of the Arikok National Park and is therefore a site that is preserved. This is why it is

also relatively untouched by commercial influences. Despite being called a beach, do note that it is not advised to swim in the water, as the current is very strong and can easily stray you further in the wild ocean. However, you can still enjoy a spectacular view of the stones and the northern ocean that stretches out in front of the beach and take a picture with your friends or family! □



Exploring the Mainstreet of San Nicolas

SAN NICOLAS— At Just 11 miles southeast from Oranjestad you will enter the city San Nicolas, also known as Sunrise City or Chocolate City. A city that is rich in authentic culture and island charm. San Nicolas is Aruba's second largest city and was once a bustling company town dominated by the oil industry since the early 1930's.

Over the course of four decades, its demographics had changed immensely due to a stream of Afro-Caribbean and South American workers who came to fill the jobs in the oil refinery between the 1920's until the 1960's. To this day traces of the multicultural influences in culinary offerings and customs, housing and population are clearly visible in San Nicolas - more than anywhere else on the island.

Flow of history

if you are looking for history San Nicolas has it. Here you will find three amazing museums, The Museum of Industry, the Community Museum and the Carnival Euphoria, all within walking distance from one another.

The Museum of Industry is situated in the Water Tower in San Nicolas and narrates Aruba's industrial history which began in the 19th



century. Here you will learn about gold, aloe, phosphate, oil and the tourism industries which made San Nicolas once a bustling business center. Experience the touching stories of those who were part of this history.

Nicolaas Store built in 1940 and renovated in 2014 is the home of the Community Museum. The col-

lection is remarkable and spans millennia. Ancient fossils stand next to tableaus of an authentically recreated colonial kitchen and bedroom and 19th-century barbershop, just to name a few of the items of old-time Aruba that has been preserved. A collection of artifacts and other objects of artistic, cultural, historical, or scientific importance can be found here for the purpose of education or enjoyment.

Carnival Euphoria is showcasing Aruba's Carnival. See how are Carnival has developed over the past 65 years.

The new San Nicolas

In the shadow of the refinery, an art capital is quietly beginning to grow. This is the new San Nicolas, a place that is starting to become a magnet for all that is young, cool and hip in Aruba. Indeed, San Nicolas has all of the ingredients of an emerging cultural hub — varied history, interesting architecture, and, perhaps most importantly, an urban layout that makes it walkable. As you walk around, the streets are silent but the walls are loud, filled with bright, colorful murals painted by a collection of artists from around the world. Thanks to the efforts of various art



organizations in Aruba, such as Art Rules Aruba and Aruba Art Fair, San Nicolas has had quite the aesthetic makeover with regards to vibrant street art. Each year more and more stunning murals are replacing broken down buildings with colorful art pieces that keep brightening up SunriseCity.

Must See, Do, Buy & Eat

A little bit of everything can be found in the main street. Stores selling shoes, clothing, jewelry you name it. Don't miss out on trying the exquisite food offered by the cafes and restaurants or just enjoy a peaceful walk admiring the murals, mosaic benches and all the history San Nicolas has to offer. □

Fun facts about cacti hedges “Trankera”

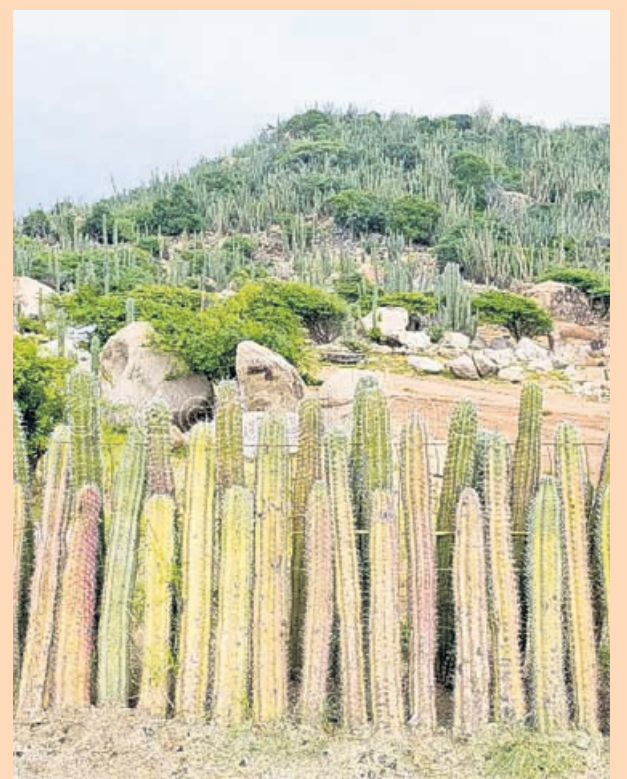
(Oranjestad) - When off-roading in inland Aruba, you may notice some cacti hedges around various properties or lined up by certain pathways. These man-made hedges are called “trankera” and play an important role in maintaining our flora and fauna.



The trankera dates to colonialism, where settlers established several ‘cunucu’ (farm) on the island. People either used stone walls or trankera as a fence to ward off strangers and wild animals that can feed on the cunucu vegetation or cattle.

Nowadays, trankeras are less common, and those that still stand are often not maintained. On the surface this seems like a bad development, however this proved to be beneficial for our flora and fauna. Naturally developed flora around the hedges offers more shelter for fauna. Another aspect is the propagation process. When pruning hedges, flowers and seeds were removed, which limits propagation to a minimum.

So, though trankeras don't play that big of a role in Aruba's agriculture anymore, our environment still reaps the benefits of these long-standing natural structures. □



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based on slot or table play.

How to Participate:

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The luck is yours, as you have to open the winning Rocket.

Don't Miss Out – Promo valid from July 1st to August 31st.

40 Years of Fun and Fortune Alhambra Casino is celebrating four decades of bringing excitement and joy to the island of Aruba.

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Thank you to our loyal players and supporters.

Visit the historic museum at Fort Zoutman!

(Oranjestad)—Located in the middle of downtown Oranjestad, situated right next to the government building "Cocolishi", is one of the oldest buildings of Aruba: Fort Zoutman. First constructed in 1796, this site has been used (or left unused) in many ways and have survived eras of war and attempted dismantling.

When anyone refers to Fort Zoutman, they are actually referring to two separate build-

ings that, over the years, have been merged: the fort and the tower. That's right, the iconic 5-story, squared tower was not part of the original structure of the fort, and is actually called "Willem III Toren". Constructed in 1867, this tower was named after the then-reigning king of The Netherlands, Willem III. Willem III Toren was originally a light tower, but after a request from Lieutenant Governor Jan Helenus in 1866, it also became a bell tower. The fort itself

was originally constructed to protect the commerce bay of Paardenbaai from pirates and other disreputable characters roaming the Caribbean Sea. Unlike the Willem III Toren, Fort Zoutman had a more tumultuous past, including the on-and-off reception of unwanted members of the English military several times (The Netherlands was at constant war with England back in the colonial era). Over the years, both the fort

and the tower had functioned as different government center points, including a tax and stamps office. For some time these two buildings also housed a police precinct and jail, and even experienced abandonment until the Cultural Center Aruba Foundation (CCA) petitioned for its renovation in 1964, turning the site into the Historic Museum it currently is. Despite its small size, The Historic Museum guards a rich depository of

the commercial, military and social history of Oranjestad, offering a glance into how the social culture of the town came to be. If you are interested in history and want to learn more about Aruba, then Fort Zoutman should definitely be included into your itinerary. The museum is open Monday to Friday from 9am-6pm, and Saturday from 10am-2pm. □

**Source: The Old Fort of Aruba
by Jan Hartog.**



Article by Etnia Nativa

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The Untold Story of Aruba's Indigenous Landscape

Episode CCCXIII -313

This platform, written by Etnia Nativa, reconnects Aruba with its true roots—celebrating native heritage, traditions, and identity long overshadowed by colonial history.

Through storytelling and landscape, it reveals an ancient legacy carved in stone—a cultural journey beyond colonial influence and into the soul of the island itself.

As you tour our island, different landscapes will catch your attention that embraces two main zones. It relates to an ancient legacy shaped by a Stoney landscape which gives our Island its character. The Quartz-diorite (QD) landscape of Aruba, particularly in areas such as Santa Cruz, Tanki Flip, Noord, Alto Vista, and Savaneta, features a network of relatively deep dry riverbeds and guts, known locally as rooi. These were formed by water erosion over thousands of years, as rainwater cut through the weathered material lying above the diorite bedrock. Many of these guts contain large quantities of QD debris, which dominates the geology around Savaneta.

This bedrock is largely impermeable, allowing for the formation of shallow natural reservoirs within the overlying sediments. These favorable hydrological conditions made the surrounding areas ideal for vegetation growth.

The black topsoil found along the banks of these dry rivers supports plant life and offers rich agricultural potential. Our Amerindian ancestors recognized these conditions and settled in these areas, drawn by the reliable water sources and fertile soil.

One of Aruba's most iconic landmarks is the Hooiberg

(166 meters 544,619 feet), which stands in the center of this QD landscape. This conical hill is primarily composed of hooibergite, a unique rock found only in this region. Other distinct geological features include the hills of the north coast, which are made of gabbro. Despite their differing physical appearances and weathering characteristics, the QD, hooibergite, and gabbro all originate from the same geological formation—known as the Aruban batholith. The variation in landscape features is largely due to differences in each rock type's resistance to weathering.

Only one Pre-ceramic archaeological site is located directly within the QD landscape. Others, such as Arashi and Barcadera, are situated near outcrops or deposits of QD debris. For these early inhabitants, proximity to the coast appears to have been a more significant factor than the rock type or soil itself, reflecting the maritime focus of Pre-ceramic cultures.

However, Ceramic period settlements—larger and more agriculturally based—are primarily found within the QD landscape. Sites such as Santa Cruz, Tanki Flip, and Savaneta benefited from the area's fertile soils and dependable water availability.

Tanki Flip lies in a flat area with mini-

mal boulders, and is intersected by a broad gut.

Santa Cruz features a gently rolling landscape with abundant QD boulders and deeper guts.

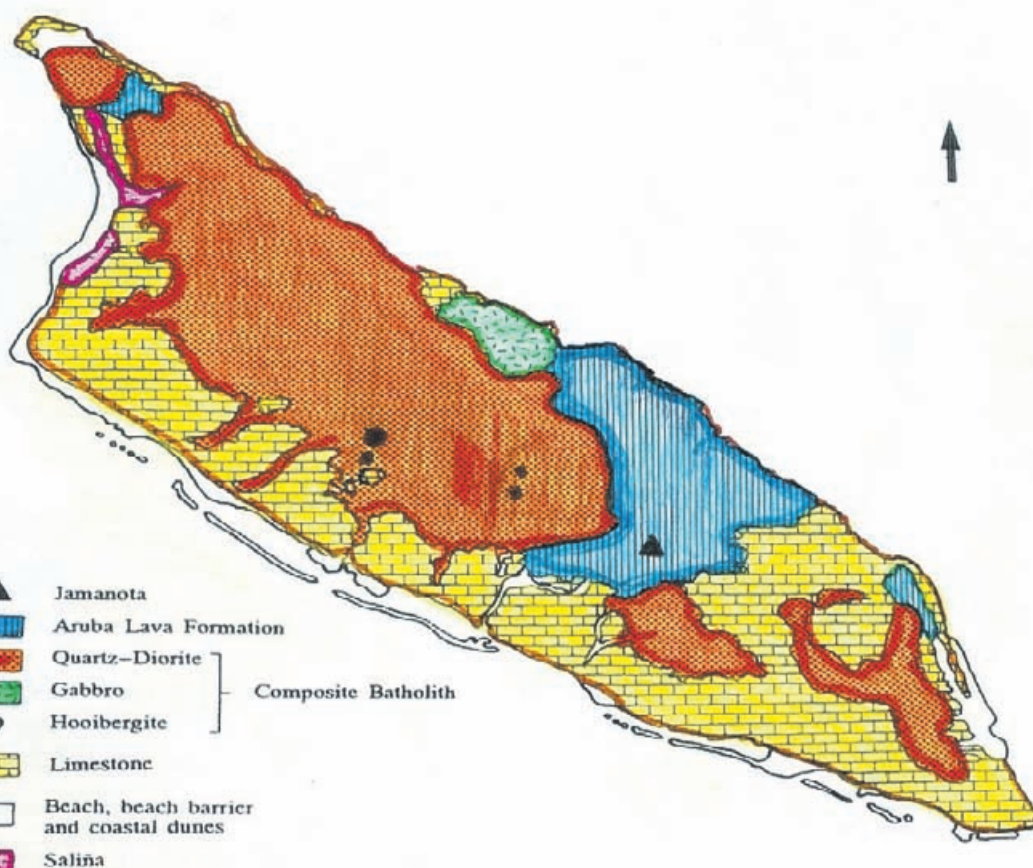
Savaneta, positioned at the mouth of a gut, is a coastal site where mangroves and small beaches alternate.

Another important ceramic site is Parkietenbos, which lies on QD debris. Two settlement areas are found here, located on the east and west banks of the same gut that flows through Santa Cruz. The soil in Parkietenbos is similar to that of Tanki Flip, again pointing to the importance of soil quality and water access.

The quartz diorite landscape also played a vital role in the cultural and spiritual life of Aruba's early inhabitants. Pictographs and petroglyphs are commonly found carved or painted onto quartz diorite rocks. These rock art sites often make use of natural cavities on the leeward sides of boulders—features formed by the long-term effects of chemical weathering.

These elements of the landscape reflect not only practical interaction with the environment but also a profound symbolic and spiritual connection to the land.

Out of seventeen known rock art sites on the island, twelve are located within the QD landscape. This concentration highlights the area's significance not just for habitation, but also for educational, ceremonial and artistic expression. □



If you enjoyed our stories and want to discover more about Aruba's authentic identity, don't wait until the last days of your stay—book a visit to Etnia Nativa, the only "living museum" of its kind in the Caribbean.

Immerse yourself in this trend-setting cultural experience. Since 1994, we've been dedicated to preserving and sharing Aruba's heritage—as co-founders of Arikok National Park, the Archaeological Museum of Aruba, and board members of several artisan and cultural foundations.

Etnia Nativa offers more than just history; it shares deep-rooted values, timeless knowledge, and a connection to the spiritual soul of the island.

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etnianativa03@gmail.com

Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa



Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of

fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind



A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

Comcomber chiquito

This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a



soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna

In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pampuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

CROSSWORD

By THOMAS JOSEPH

ACROSS 39 Quebec

- 1 Diamonds, native
e.g. 40 Florida
5 Gooley player
stuff 41 Sports
10 Leading figures
12 Praline bit 42 Theater
13 Inge work award

14 Striped

rock

15 Feel

queasy

16 Back

muscle

18 Toddy

base

19 Like some

toddies

21 Rage

22 View from

the moon

24 Dined at

home

25 Cascade

29 Sharpen

30 Page

of "The

Umbrella

Academy"

32 Squid's

squirt

33 Letter

before

omega

34 Letter

after zeta

35 Freak

37 Polite

refusal

DOWN

1 Fizzy

quaffs

2 Green,

perhaps

3 Napoli's

nation

4 Singer

Waits

5 Petty

fight

6 Table

part

7 Doomed

flier

8 Grow up

9 Foe

11 Choice of

colors

17 Sticks

20 Packing

box

21 Last

23 Ran-

sacking

25 Prevailed

26 Turkey's

capital

27 Deceives

28 Hand

soother

29 Daily

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tures

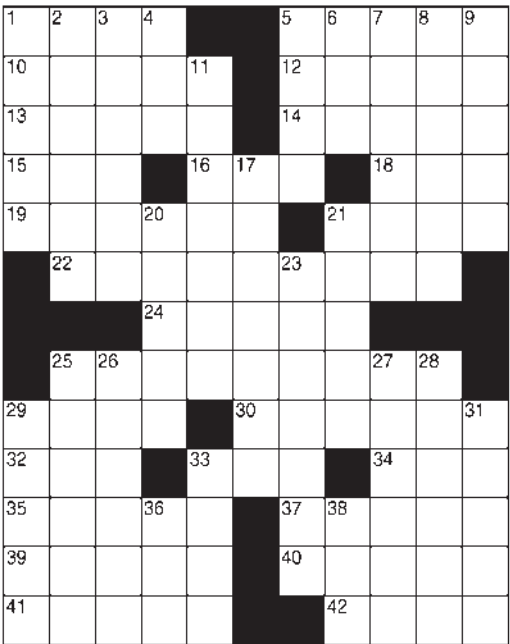
31 Linger

33 Corrals

36 Poker

prize

38 Bran bit



7-29

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

7-29

CRYPTOQUOTE

F M N B O M V T , V G G Q F M C F P

O P T B F G E P O B D N G B L O M R

O M O D F G M O H P W G B D .

— I E H F O V J F H R

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DRENCHED IN SUN. — ELLEN EVERETT



Cruise ship Schedule: July 17 - 30 2025

			ARR	DEPT	BERTH	
THU	17	CARNIVAL CELEBRATION	08.00	17.00	C	1
SUN	20	FREEWINDS - Dept.	****	22.30	E	-
TUE	22	CARNIVAL HORIZON	09.00	23.00	C	1
WED	23	CELEBRITY REFLECTION	07.00	16.00	C	1
		FREEWINDS	06.00	****	E	1
SUN	27	FREEWINDS - Dept.	****	22.30	E	-
WED	30	RHAPSODY OF THE SEAS	08.00	23.00	C	1
		FREEWINDS	06.00	****	E	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 8 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

	5					7		4
		3				9		2
6	2	7		9	1		5	
				5	6		3	
	3		1			4		
2	6		3		4			
		2		1			4	9
3	9	6	2				7	1
1	7		5	3	9			

Difficulty: ★★

7/22

Answer to previous puzzle

3	1	5	6	2	7	4	8	9
8	9	7	1	5	4	6	2	3
4	6	2	8	3	9	1	7	5
7	2	6	3	9	1	8	5	4
5	4	1	2	7	8	9	3	6
9	8	3	5	4	6	2	1	7
6	5	4	7	8	2	3	9	1
2	3	9	4	1	5	7	6	8
1	7	8	9	6	3	5	4	2

Difficulty: ★

7/21



A pair of shoppers arrive at a Kohl's, Nov. 26, 2021, in Everett, Mass.

Associated Press

Investors breathe life into new batch of meme stocks as Kohl's and Opendoor Technologies surge

By **DAMIAN J. TROISE**
AP Business Writer

NEW YORK (AP) — As the stock market pushes into record territory and bargains become harder to find, investors are once again turning to some of Wall Street's beaten down companies in hopes of a quick score.

The latest so-called meme stocks are the department store Kohl's, which has surged this week, and the online-based real estate company Opendoor Technologies, which has skyrocketed this month. Both companies have been struggling in their respective sectors.

Wall Street defines a meme stock as a stock that gains significant popularity and trading volume, primarily driven by social media hype and online communities, rather than the company's fundamental financial performance. Think GameStop and AMC Entertainment in 2021, and a few subsequent instances.

Often, meme stocks are initially the target of "short sellers," or investors betting against the stock. □

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3 Bed Ocean View: \$36,000
2 Bed WK 7 Oceanside: \$62,000
Ask about weeks 51, 52 & 14

GOLD SEASON
2 Bed Oceanfront: \$21,500
2 Bed Oceanside: \$15,500
2 Bed Ocean View: \$14,500
2 Bed Garden View: \$13,000
3 Bed Ocean View: \$30,000

Marriott Aruba Ocean Club

PLATINUM SEASON
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2 Bed Ocean View: \$29,000
1 Bed Ocean Front: \$23,000
1 Bed Ocean View: \$17,500

GOLD SEASON
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2 Bed Ocean View: \$17,000
1 Bed Oceanfront: \$13,000
1 Bed Ocean View: \$11,500

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Sta. Cruz	527 2900
San Nicolas	584 5000
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Fire Dept.	115
Red Cross	582 2219

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Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

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American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

Aruba Food Bank
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Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
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Fundacion Contra Violencia
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ARUBA TODAY NEWS

Ozzy Osbourne, godfather of heavy metal who led Black Sabbath, dies at 76

By **MARK KENNEDY**

AP Entertainment Writer

Ozzy Osbourne, the gloomy, demon-invoking lead singer of the pioneering band Black Sabbath who became the throaty, growling voice and drug-and-alcohol ravaged id of heavy metal, died Tuesday, just weeks after his farewell show. He was 76.

Either clad in black or bare-chested, the singer was often the target of parents' groups for his imagery and once caused an uproar for biting the head off a bat. Later, he would reveal himself to be a doddering and sweet father on the reality TV show "The Osbournes." Black Sabbath's 1969 self-titled debut LP has been likened to the Big Bang of heavy metal. It came during the height of the Vietnam War and crashed the hippie party, dripping menace and foreboding.

The band's second album, "Paranoid," included such classic tunes as "War Pigs," "Iron Man" and "Fairies Wear Boots." The song "Paranoid" only reached No. 61 on the Billboard Hot 100 but became in many ways the band's signature song. Both albums were voted among the top 10 greatest heavy metal albums of all time by readers of Rolling Stone magazine. "Black Sabbath are the Beatles of heavy metal.



Singer Ozzy Osbourne performs during halftime of an NFL football game between the Los Angeles Rams and the Buffalo Bills in Inglewood, Calif., Sept. 8, 2022.

Associated Press

Anybody who's serious about metal will tell you it all comes down to Sabbath," Dave Navarro of the band Jane's Addiction wrote in a 2010 tribute in Rolling Stone. Sabbath fired Osbourne in 1979 for his legendary excesses, like showing up late for rehearsals and missing gigs. He reemerged the next year as a solo artist with "Blizzard of Ozz" and the following year's "Diary of a Madman," both hard rock classics that went multi-platinum and spawned

enduring favorites such as "Crazy Train," "Goodbye to Romance," "Flying High Again" and "You Can't Kill Rock and Roll." Osbourne was twice inducted to the Rock & Roll Hall of Fame once with Sabbath in 2006 and again in 2024 as a solo artist. The original Sabbath lineup reunited for the first time in 20 years in July 2025 in the U.K. for what Osbourne said was his final concert. "Let the madness begin!" he told 42,000 fans. Metallica, Guns N Roses,

Slayer, Tool, Pantera, Gojira, Alice in Chains, Lamb of God, Halestorm, Anthrax, Rival Sons and Mastodon did sets. Tom Morello, Steven Tyler, Billy Corgan, Ronnie Wood, Travis Barker, Sammy Hagar, Yungblud and Vernon Reid made appearances.

Osbourne embodied the excesses of metal. His outlandish exploits included relieving himself on the Alamo, snorting a line of ants off a sidewalk and, most memorably, biting the

head off a live bat that a fan threw onstage during a 1981 concert. (He said he thought it was rubber.)

Osbourne was sued in 1987 by parents of a 19-year-old teen who died by suicide while listening to his song "Suicide Solution." The lawsuit was dismissed. Osbourne said the song was really about the dangers of alcohol, which caused the death of his friend Bon Scott, lead singer of AC/DC.

Then-Cardinal John J. O'Connor of New York claimed in 1990 that Osbourne's songs led to demonic possession and even suicide. "You are ignorant about the true meaning of my songs," the singer wrote back. "You have also insulted the intelligence of rock fans all over the world."

Audiences at Osbourne shows could be mooned or spit on by the singer, but the Satan-invoking Osbourne would usually send the crowds home with their ears ringing and a hearty "God bless!"

He started an annual tour Ozzfest in 1996 after he was rejected from the lineup of what was then the top touring music festival, Lollapalooza. Ozzfest would host such bands as Slipknot, Tool, Megadeth, Rob Zombie, System of a Down, Limp Bizkit and Linkin Park. □

Pee-wee's bike is at the Alamo, but not where you think



In this undated photo provided by The Alamo Trust, Inc. on Monday, July 21, 2025, shows Pee-wee Herman's original stunt bike from the 1985 film, "Pee-wee's Big Adventure," in San Antonio, Texas.

Associated Press

By **ANDREW DeMILLO**

Associated Press

It took 40 years, but Pee-wee's bike is now at the Alamo. Just not the basement. The Alamo announced last week it had acquired and would display the iconic bike from the 1985 Tim Burton film, "Pee-wee's Big Adventure."

The San Antonio landmark plays a key role in the film chronicling Pee-wee Herman's search for his stolen bicycle when a devious fortuneteller tells him the bike is located in the Alamo's basement. Pee-wee, played by the late Paul Reubens, learns the Alamo doesn't have a basement, but hasn't stopped tourists from tongue-in-cheek inquiries.

"It's the most common question our guest services team hears is, 'Where is the basement at the Alamo?'" said Jonathan Huhn, senior communications director for the Alamo Trust, Inc., the nonprofit organization that oversees the Alamo's operations. "It's an iconic piece of Alamo pop-culture history."

The red-and-white bike or as Pee-wee calls it in the movie, "the best bike in the whole world" is adorned with streamers on the handlebars and a lion emblem at the front. Huhn said it was acquired from an auction in Los Angeles.

The bike will serve as a centerpiece in the Mays Family Legacy Gallery, which examines the the Alamo's cultural impact, part of a new visitor center and museum slated to open in fall 2027. It will join other pop culture items including memorabilia from the 1960 movie about the Alamo that starred John Wayne. □



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SETAR

Paret-Peintre wins Tour de France stage on Mont Ventoux, where Pogačar deals Vingegaard another blow

MONT VENTOUX, France (AP) — Valentin Paret-Peintre triumphed on Mont Ventoux to become the first home rider to win a stage at this year's Tour de France, while Tadej Pogačar consolidated his overall lead Tuesday.

Paret-Peintre followed former yellow jersey holder Ben Healy on a breakaway and then beat the Irish rider in a sprint for the line at the top of the famed barren mountain known as the "Beast of Provence."

"A victory at the Tour is extraordinary, but to do it on the Mont Ventoux, that's something completely different," said Paret-Peintre, a climber and the first French winner on the mountain since Richard Virenque in 2002. "I can't tell you what this win means for me. I'll need some time for everything to sink in."

Santiago Buitrago was third, 4 seconds behind, ahead of Ilan Van Wilder and fifth-placed Pogačar, who with-



France's Valentin Paret Peintre crosses the finish line ahead of Ireland's Ben Healy to win the sixteenth stage of the Tour de France cycling race over 171.5 kilometers (106.6 miles) with start in Montpellier and finish on the Mont Ventoux, France, Tuesday, July 22, 2025.

Associated Press

stood repeated attacks from Jonas Vingegaard to cross the line 2 seconds before his main rival.

After the Tour's second rest day Monday, Pogačar

stretched his overall lead to 4 minutes, 15 seconds over Vingegaard. The Danish rider won the Tour in 2022 and 2023 but seems powerless to stop defending cham-

pion Pogačar from achieving his fourth win when the race finishes Sunday on the Champs-Élysées in Paris.

"I think we'll race until Paris and we'll see who will be

the winner," Pogačar said. "Today was a proper hard day after the rest day, also for me."

Stage 16 took the riders 171.5 kilometers from Montpellier in the south of France on a long flat course until they reached the brutal climb up Ventoux.

During the 1967 Tour, English rider Tom Simpson died ascending the 1,910-meter-high mountain after he had taken a mixture of amphetamines and alcohol. Simpson had been unwell and the heat was likely another contributing factor. Doping checks were not common at the time.

Mathieu van der Poel, who had been third in the points classification, withdrew before Tuesday's stage with pneumonia.

Wout van Aert, the last winner when the route went through Ventoux in 2021, attacked from the off, prompting responses from Jonathan Milan, Ivan Romeo and others. □

Commanders GM says non-football topics such as President Trump's comments don't reach him

By **BEN STANDIG**
Associated Press

ASHBURN, Va. (AP) — Washington's NFL franchise used to be in the news all the time for reasons other than football. That seemed to have changed under new team ownership, but President Donald Trump's remarks about the team name and possibly holding up a stadium deal are making waves just as training camp opens. Still, Commanders general manager Adam Peters made clear Tuesday at a news

conference with coach Dan Quinn a day before the team's first training camp practice that he doesn't expect any of that sort of outside conversation to interfere with their real jobs.

"Whether it's the stadium or anything else (non-football-related), those things don't really make it to us," Peters said. "We're just trying to focus on what's going on here and getting ready for the season."

Trump said Sunday on social media that he "may put a restriction" on the

Commanders' anticipated deal with the District of Columbia government to build a new stadium in the nation's capital "if they don't change the name back to the original 'Washington Redskins,' and get rid of the ridiculous moniker, 'Washington Commanders.'" In 2020, under previous owner Dan Snyder, the franchise changed its long-standing name, which was considered offensive to Native Americans. After last season's surprising run to the team's first NFC champi-

onship game since 1991, Harris said that the current managing partner Josh name will stay. □



Washington Commanders head coach Dan Quinn, left, speaks as general manager Adam Peters, right, looks on during a news conference at the NFL football team's training camp in Ashburn, Va., Tuesday, July 22, 2025.

Associated Press

WNBA set to quickly tip off second half of season after short All-Star break

By **DOUG FEINBERG**
AP Basketball Writer

NEW YORK (AP) — The WNBA tips off the second half of its season on Tuesday night with 10 of the 13 teams playing.

One player who won't be competing for the immediate future is Caitlin Clark, who is recovering from a right groin injury she suffered last week. Clark missed Indiana's final game before the All-Star break with an injured right groin and pulled out of Friday night's 3-point contest as well as Saturday's All-Star Game.

Clark told reporters on Saturday night that she had been getting treat-



New York Liberty's Sabrina Ionescu, left, talks with Indiana Fever's Caitlin Clark during the second half of a WNBA All-Star basketball game against Team Collier, Saturday, July 19, 2025, in Indianapolis.

Associated Press

Stephanie Talbot, who was waived by Golden State, strengthening the Liberty's bench. New York also got back a healthy Jonquel Jones, who missed the last month before the break to recover from a sprained ankle.

The defending champion Liberty currently are second in the standings behind Minnesota.

Strong ratings

The WNBA 3-point contest and skills challenge averaged 1.3 million viewers Friday night, making it the most watched for that event ever. The All-Star Game, which wasn't extremely competitive with Team Collier winning 151-131 over Team Clark, drew an average of 2.2 million viewers Saturday.

It was the second most watched All-Star Game, only trailing last year's contest which drew a record 3.44 million viewers on average.

Power poll rankings

Minnesota reclaimed the top spot in the poll from Phoenix after beating the Mercury last week. Phoenix dropped one spot. New York, Atlanta and Seattle were the next three. Indiana was sixth with Las Vegas and Washington following.

Golden State, Los Angeles, Chicago, Dallas and Connecticut rounded out the poll.

Player of the week

A'ja Wilson of Las Vegas had 37 points and 10 rebounds in the Aces' lone game last week that was a 90-86 victory over Dallas. Other players receiving votes included Stewart and Los Angeles' Dearica Hamby.

Game of the week.

Phoenix at New York, Friday.

Two of the top three teams in the league meet again in New York with the Liberty hoping to avenge a 15-point home loss last month. □

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ment during the festivities, which also took place in Indianapolis. While she is improving, Indiana coach Stephanie White said, the Fever intend to be cautious with Clark, who missed 10 games during the first half of the season with three different muscle injuries. Players weren't thrilled having to play so soon after the All-Star break and hope to add more of a break in the next collective bargaining agreement that they are currently negotiating with the league.

Atlanta has back-to-back games on Tuesday and Wednesday while New York and many other teams have three games this week.

"It's kind of the health and safety of it all," New York's Breanna Stewart said. "Players having time to rest and recover, but also if we want the product in the All-Star Game to be better we have to have time between games like there's no way that you're going to have a super competitive All-Star Game when we play Tuesday."

New York added some reinforcements for the second half of the season, getting a commitment from Emma Meesseman to join the team once she gets her visa.

The Liberty also added